

## **Do More, Be More at YMCA Camp Bernie**

This pamphlet is your guide to creating a successful summer camp experience for your camper. Whether your child is attending camp for the first time or the tenth, you will find the answers to many of your questions here. Please feel free to call me at camp anytime should you have questions.

Please remember to visit our website at [www.campbernieymca.org](http://www.campbernieymca.org) during the summer to read the daily camp e-newsletter and see the latest camp photos.

At YMCA Camp Bernie we build strong kids so that they can become healthy and productive adults.

- We provide safe and healthy camp experiences with positive role models for children.
- We offer a wide variety of activities through which campers have fun, build confidence, develop skills, and make friends.
- We teach and live the YMCA values of caring, honesty, respect, and responsibility that encourage cooperation, trust, integrity, and accountability.
- We instill an appreciation of nature through outdoor adventures, discovery and environmental awareness.
- We celebrate diversity and respect each other in our camp community.

Our trained professional staff will be there every step of the way as your child participates in Adventure Day Camp. For many years, campers have been making new friends, developing new skills, and expanding their horizons at Camp Bernie. We are proud of our tradition here, and look forward to creating new memories with your camper during the summer of 2010.

All the best,

Jamie Bean

Summer Camp Director

## Health Concerns

### Health Examination

- Each child is required to have a health examination by a doctor within twenty four months prior to the date the child will attend camp.
- **Children will not be accepted at camp without two completed health information forms**, one signed by a physician and the other with a parent/legal guardian signature.

### Medicine at Camp

- Parent/guardian is required to notify Camp Director in writing in advance if a child requires medication to be administered during the day camp program.
- Medications are administered by Camp Health Officer according to physician's instructions.
- The Camp Director is to give medications clearly marked and in original container(s) with physician's instructions.

### Emergency Procedures

In the event your child needs emergency treatment you will be notified immediately via emergency contact information.

### Insurance

- The responsibility of health and accident insurance for our campers lies with parents and/or a legal guardian.
- All campers are required to supply YMCA Camp Bernie with insurance information on their medical form, and attach a photocopy of both sides of your insurance card.

### Camper Confidential Form

The information on the confidential form is used to place your child in the appropriate age group, to inform our staff of important background information, and to give permission to participate in various programs. **All information is strictly confidential.** We thank you in advance for your detailed care in completing this form for us.

## **Camper Needs**

### **What to Wear**

- Please wear sneakers, socks and weather appropriate clothing.

### **What to Bring**

- Please pack all items on this list in a backpack and bring it to Camp Bernie every day
- Water Bottle
- Swimsuit and Bath Towel
- Waterproof sun block, SPF 25 or greater
- Insect Repellant
- If registered for Horseback Riding, long pants and sturdy boots with heels
- If registered for Mini-Biking, long pants, long sleeves and sturdy boots with heels

### **Lunch**

- Campers should pack and bring a lunch every day. Lunch should include a beverage, and should be packed in an insulated bag with a frozen cold pack. Lunches are not refrigerated at Camp, unless the camper is participating in a Thursday overnight. In that case, their lunch for Friday will be refrigerated.

### **Things to Leave Home**

- Personal valuables such as jewelry, watches, etc.
- Electronic devices such as I-pods, electronic games, etc.
- Cell phones
- Money

***NOTE:*** *If your child brings any of the above items, staff will hold them and will return to parent/guardian at the end of the camp day*

### **Lost and Found**

- Please label all belongings with camper's full name.
- There is a designated area for Day Camp lost and found items. Please see a Day Camp staff member for the location, or assistance with lost and found.

## **Hours**

- Adventure Day Camp operates rain or shine, 9 a.m. until 4 p.m.
- Extended a.m. hours are from 7 a.m. until 9 a.m., cold cereal breakfast included.
- Extended p.m. hours are from 4 p.m. until 6 p.m.
- Extended hours require pre-registration and an additional fee.

## **Drop-Off/ Pick-Up**

- Campers will be released only to their parent or guardian or other authorized adult indicated on the authorization section of the confidential form.
- To ensure the safety of all children, we will check a Photo ID at camper pick-up. Please bring the appropriate Photo ID.
- Please be prompt for drop-off and pick-up.
- Our program is designed to start at 9 a.m. and finish at 4 p.m. Please do not plan for early pick-up as this is disruptive to the program. Under special circumstances, with advanced written notice only, early pick-up can be arranged from the main camp office.
- If you need to see the Day Camp Program Director or Summer Camp Director for any reason at either drop-off or pick-up time, please indicate that to a staff member. You will be asked to park in a separate area so that the flow of traffic will not be compromised.

## **Bus Information**

- Bus transportation is available to and from the Long Valley area and the Lebanon Township area.
- Pick-up and drop-off in Long Valley occurs at Our Lady of the Mountain Church on Schooley's Mountain Road. We will pick-up at 8:30 am and drop-off at 4:15 pm.
- Pick-up and drop-off in Lebanon Township occurs at Valley View School. We will pick-up at 8:15 a.m. and drop-off at 4:30 p.m.
- Please be timely as the bus will depart as scheduled.

## General Information

### Sessions Dates and Themes

All Day Camp sessions have a special theme which will be carried out through activities, craft projects and dress-up days. You will be notified of any special days or clothing suggestions in advance. Our themes for this year are:

- 6/28 – 7/2 Holiday Jubilee
- 7/5 - 7/9 Pirates and Seafarers
- 7/12 - 7/16 Scooby Doo Mystery
- 7/19 - 7/23 Olympics
- 7/26 - 7/30 When I Grow Up
- 8/2 – 8/6 Wild, Wild West
- 8/9 - 8/13 Mad Science
- 8/16 - 8/20 Game Show Mania

### Summer Kick-off Vacation Camp

For the week of June 21 - June 25, we are offering a special summer vacation kick-off week in which your child can be registered by the day, rather than the full week, for just \$55.00 per day.

### Swimming Lessons

- Campers may register for the YMCA National Swim Lesson program as an extra program.
- Polliwog, Guppy, and Minnow lessons are offered, though levels vary depending on the camp session. Please call our office or refer to our website for the swim levels offered during your child's session(s).
- Lessons will run from 5- 5:45 p.m. Your child will be automatically enrolled in after care from 4 p.m. until 5 p.m. Please proceed directly to our pool for pick-up at the end of the lesson.

### Horseback Riding

- The Pony Program for children in grades K-2 includes 5 hours of afternoon instruction and is built into the regular daily schedule.
- The Horse Riding program for children in grades 3-8 includes 5 hours of afternoon instruction and is built into the regular daily schedule.
- The Trail Riding program for children in grades 2-8 will include 45 minute trail rides around the Camp Bernie property. This program runs from 5- 6 p.m. Your child will be automatically enrolled in after care from 4 p.m. until 5 p.m. Please pick-up your child at 6 pm at the stables.

### **Mini-Biking**

- Adventure Day Campers, in grades 7-8 and at least 12 years of age can add the optional mini-bike riding program.
- This program is offered from 4-6 pm on Monday through Thursday only, with Fridays reserved for make-up lessons. Mini-biking will be included as an optional program during weeks 3 through 6 of Day Camp.
- Pick-up from the mini-biking program will take place at the morning drop off location at 6 p.m.
- Required:
  - Heavy long-sleeved shirt, long pants and sturdy boots.
  - Gloves, goggles & helmet provided by YMCA Camp Bernie.

### **Thursday Overnights**

- Thursday overnights will occur in weeks 2, 4, 6 and 8.
- Campers will sleep in tents, grouped by age and gender.
- They will join our overnight campers for a cookout dinner, and the session closing campfire. Breakfast is included in the fee for the overnight.
- Please provide a lunch for Friday which will be refrigerated.
- A separate packing list with additional instructions will be provided for campers enrolled in the overnight.

### **Trading Post**

- The Trading Post is our camp store where campers can buy: souvenirs, snacks, camp shirts, etc.
- All Trading Post money is sent with your camp registration fee and put in an account, which is then used by your camper. **Campers may not use cash.**
- All refunds will be issued on the last day your child will be attending camp.
- Any refunds not collected on closing day will be donated to our scholarship fund.

### **Refunds and Cancellations**

- All registration deposits are refundable, less a \$20.00 processing fee, if a written request reaches camp **before June 1st**. After this date, registration deposits are non-refundable except in the case of verified summer school attendance, or an injury/illness that is so severe that your doctor advises in writing that the child should not attend camp.
- In the event that a camper is sent home for violating camper rules, as discussed in the Camper Code, no refund will be given. In all instances where these rules are broken, if the child's actions pose a threat to the safety of others or him/herself, or are considered a criminal action, the parents will be called to immediately pick up the child.

### **YMCA Camp Bernie Donations**

- The YMCA is a national non-profit charitable organization.
- We exist and work for everyone; people of all ages, races, religions, incomes and abilities.
- All contributions made to YMCA Camp Bernie will be designated to camp scholarships.
- Campers can also make voluntary deductions from their Trading Post account.

### **YMCA Camp Bernie: Year Round Facility**

For over 50 years, YMCA Camp Bernie has been running programs for children and adults throughout the year. Our 275 acres, heated cabins & lodges and food service provide the opportunity for schools and community organizations to enjoy all that camp has to offer.

Our Outdoor Education program serves over 10,000 students during the school year.

- Activities include over 30 environmental, recreational, and adventure programs such as wilderness survival, stream ecology, sensory awareness and climbing tower.
- Curriculum is adapted for elementary, middle school and high school groups.
- Teambuilding is the focus of many activities including group initiatives, low and high ropes courses.

Our Group and Family Program serves over 5,000 people annually.

- Typical groups range from YMCA groups, religious organizations, Girl & Boy Scouts, clubs, marching bands, high school peer groups & families.
- Activities can include recreational and educational components, and we customize programs to fit each group's needs.

YMCA

We build strong kids,  
strong families, strong communities.

